



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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HOT TUNA CHOWDER IDEAL FOR AFTER-THE-GAME MEALS

As a result of all the excitement generated by watching high school and college football games, plus wintry breezes, spectators manage to "whip up" good appetites for after-the-game snacks and meals.

One of the most satisfying meals, which can be quickly prepared, is composed of a steaming bowl of tuna chowder, accompanied by crisp crackers, a tossed salad, and apple pie.

Canned tuna is a "natural" as the basic ingredient for a steaming chowder since it is a familiar item in almost every American home. It is also economical, excellent nutritionally, easy-to-prepare, and tasty.

The home economists of the Bureau of Commercial Fisheries, United States Department of the Interior suggest that you take advantage of the abundance of tuna on the market and serve a "Tuna Chowder" after the game.

TUNA CHOWDER

1 can (6½ or 7 ounces) tuna	3 tablespoons butter or other fat
1 cup diced potatoes	3 tablespoons flour
1 cup tomato juice	1 teaspoon salt
1 medium onion, sliced	¼ teaspoon pepper
½ teaspoon celery seed	3 cups milk
1 cup boiling water	Chopped parsley

Drain tuna. Break into large pieces. Combine potatoes, tomato juice, onion, celery seed, and boiling water. Cook for 15 to 20 minutes or until potatoes are tender. Add tuna. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add to tuna mixture; heat. Garnish with parsley sprinkled over the top. Serves 6.

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